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# An Overview of Person-Centered Practices

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# Our Life

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- We all want our lives moving towards a good life where we all feel as though we are valued members of our community.
- We all want to have status and positive control over lives rich with relationships so we have people to go with to do the things we enjoy and explore new things at a pace we choose within our own rituals or routines.
- We define what makes our life a good life.



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# People Who Choose Personal Outcomes

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- Chose where you live and with whom you share a room.
- Choose where you work.
- Choose to having intimate relationships.
- Becoming satisfied with your services and your life situations.
- Choose your daily routine.
- Choose services they want.
- Realize when their personal outcomes are met.
- Become connected to natural support networks.
- Are as safe as others.



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# Trajectory towards Good Life



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Trajectory towards Life Outcomes

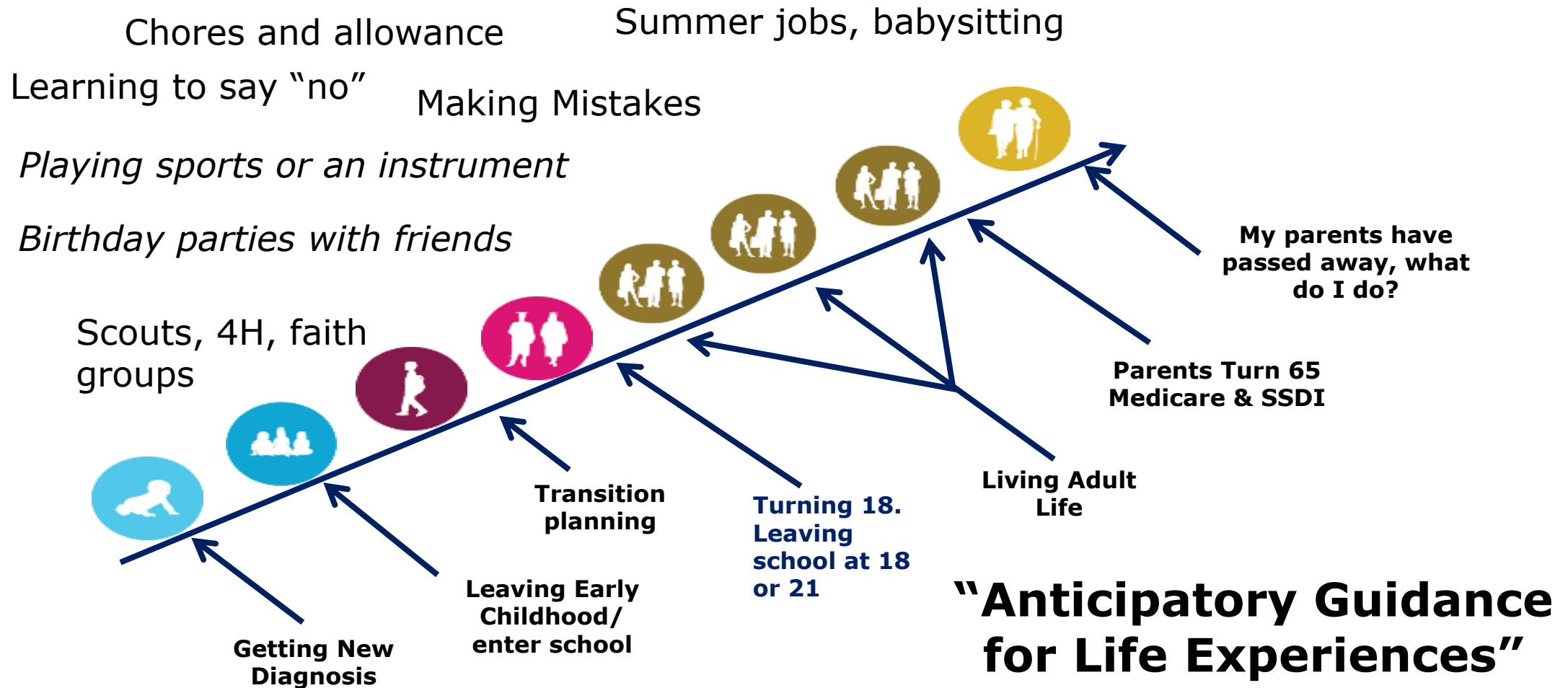
Trajectory towards things unwanted

***Friends, family,  
enough money,  
job I like, home,  
faith, vacations,  
health, choice,  
freedom***

**Vision of What I Don't Want**



# Focusing on Life Experiences & Life Transitions



# CHARTING the life course

## Life Trajectory Worksheet: Family Focus on Employment

Families discussed, what works to support employment?

Believe, Encourage, Be Creative



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Being a part of the discovery process – communicate to professionals what a person's interests and skills are.

Find things in the community to stay busy – volunteer as a family.

Find a mentor.

Learn about disability rights and parent rights.

Advocating at school meetings to focus on employment.

Giving ALL children chores, including those with disabilities.

Teaching interview skills.

Asking, "what do you want to be when you grow up?"

Reading to children from an early age.

Staying connected – have a social network, talk with people you know about jobs.

Exposure: bring children to work, go to different places of business and talk about work, etc.

Talking about money.

- ### VISION for the Life I WANT
- Employment – a good job that creates meaning and economic self sufficiency
  - Independence – doing as many things independently as possible and as desired
  - Self-determination – making one's own decisions
  - To have a mentor- someone to look up to who understands each person's experience.
  - To contribute to other family members

### What I DON'T Want

- To be discouraged by professionals
- To give Up Hope
- Boredom
- To not have a social network of friends or employment contacts
- Negativity and low expectations

# Person-Centered Practices



- **Person-centered thinking** creates the path for a person to live a life they and the people who care about them have good reasons to value.
- **Person-centered planning** helps people needing Home and Community-Based Services describe and build what they want and need to bring purpose and meaning to their lives.
- **Person-centered practice** aligns the resources that give people the full benefits of community living and ensures they receive services to help them achieve individual goals and outcomes.



# Home and Community Based Services Settings (HCBS)



- 2014 Final HCBS settings rule applies to:
  - 1915(c) waivers (HCS, TxHmL, DBMD, CLASS, MDCP, YES)
  - 1915(i) state plan services (HCBS Adult Mental Health)
  - 1915(k) state plan services (Community First Choice)
  - 1115 (STAR+Plus) (STAR+Kids)
  - HCBS delivered through STAR Health
- Person-centered practices in intermediate care facilities and nursing homes and home health services through other regulations



# **CMS Home & Community-Based Setting Requirements**

- Ensures the person has the same access to services in the community as people not in programs like Medicaid.
- Ensures a person's rights of privacy, dignity, respect and freedom from coercion and restraint.
- Maximizes the individual's initiative, autonomy and independence in making life choices.
- Promotes individual choice of services, supports and who they choose to provide the services and supports.



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# What is Person-Centered Planning?



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- Person-centered planning is a process by which someone, with help, identifies and documents their preferences, strengths, capacities and needs in order to develop short-term objectives and action steps to ensure personal outcomes are achieved within the most integrated setting by using identified supports and services.
- This is a living definition and may continue to evolve.



## Person-Centered Planning

Person-centered planning focuses on the person's life choices and personal aspirations.

Plans focus on what's important to the person.

Any changes in plans are based on the person's wants and needs.

Expectations are defined by the person and are measurable accomplishments.

## Traditional Planning

Traditional planning focuses on what often is seen as convenient for the staff or program.

Plans focus on what is important for the program.

Changes in plans occur as required by program standards and are organizationally focused.

Expectations are defined by the program and is about the document.

# Person-Centered Planning Process

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- Is driven by the person and reflects their perspective.
- Planning process includes people selected by the person and should consist of family members, friends and professionals.
- The agency provides needed supports to assure outcomes are achieved through development of an action plan.
- The team makes the ideal a reality and the person determines how to measure the success of the outcomes and how they are reached.



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# Seven Components of Person-Centered Planning



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# Person-Centered Planning Meeting

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- The planning meeting is to be conducted at a time and place convenient to the person
- The person sets the agenda for their meeting
- Together the team identifies skills and abilities to achieve action steps and short-term objectives and outcomes based on the person's vision, including:
  - Employment
  - Living more independently
  - Continuing education
  - Full inclusion in the community





# Five Core Values Of Person-Centered Planning

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- Respect of Self-Determination
- Dignity
- Potential and Contribution
- Community Inclusion
- Community Integration





# Community Inclusion

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The belief that all people, regardless of their abilities, have the right to be included and appreciated as valued members of their society, like all others.



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# Community Integration

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- Helping the person maximize their independence, participate in community life and occupy socially valued roles as desired.
- This may include -- but must not be limited to making life choices and decisions, seeking employment in competitive integrated settings, engaging in community life, controlling personal resources and receiving services to the same degree of access everyone else in the community.



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# Person-Centered Planning

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- Celebrates the person's accomplishments.
- The plan is reviewed, revised every 12 months with a functional need assessment, when circumstances or needs change and at request of the person.



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# Natural Supports = Families

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## Person

will achieve self-determination, dignity, community integration, and inclusion in all facets of community life

## Families

supports in ways that maximize the individual's capacity, strengths, and unique abilities to best nurture, love, and support the individual to achieve their life choices and outcomes



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# Resources



- The Learning Community for Person Centered Practices - website <http://tlcpcp.com/>
- Importance of the Environment – Article discussing toxic to healing <http://www.learningcommunity.us/pcthinking.htm>
- National Community of Practice Supporting Families Across the Life <http://www.lifecoursetools.com/planning/>
- Supporting Families of individuals with intellectual & developmental disabilities <http://supportstofamilies.org/>
- Charting the LifeCourse Experiences and Questions Booklet <http://www.lifecoursetools.com/wp-content/uploads/LC-EXPERIENCES-BOOKLET-updated-9-2016.pdf>
- HHS Person-Centered Planning <https://hhs.texas.gov/services/disability/person-centered-planning>
- HHS Learning Portal <https://learningportal.dfps.state.tx.us/course/index.php?categoryid=7>



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# Questions & Answers

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# Thank You!

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